

During the redeployment process remain alert to your own medical condition. Ensure the transition back to your home station is healthy and stress-free by staying alert to your body's signals over the next several months.

Preventive Medicine Requirements

- Completion of a Post-Deployment Health Assessment Form ([DD Form 2796](#))
- Get a post-deployment blood sample within 30 days after redeployment.

Directions for Health Concerns

- **Step 1.** Contact your local medical treatment facility with questions, concerns, or symptoms noticed after deployment.
- **Step 2.** If you have symptoms, your primary health care provider can do an initial assessment and provide any necessary treatment. If symptoms persist or your health does not improve, ask for a referral to a specialist.
- **Step 3.** If you require further assistance, contact:

DOD Deployment Health Clinical Center

Walter Reed Army Medical Center
6900 Georgia Avenue, NW
Building 2, Room 3G04
Washington, DC 20307-5001

Phone: DSN (312) 662-6563; Commercial (202) 782-6563 (07:45 to 16:30 EST; after hours leave a message for a return call)

Fax: (202) 782-3539

Web site: <http://www.pdhealth.mil>

WHAT ABOUT MY HEALTH CONCERNS IF I AM IN THE GUARD OR RESERVE?

The post-deployment requirements apply to Active, Guard, and Reserve alike. Any health issues identified during or after redeployment

should be referred to appropriate medical channels. Completion of a Line of Duty/Notice of Eligibility determination and coordination with your parent unit are essential parts of this process.

Diseases of Military Significance

Communicable diseases can occur following natural disasters whenever sanitation and personal hygiene are compromised. Most of these illnesses will occur in theater. Remind your provider of your deployment location.

Listed below are examples of short term diseases that may occur. Widespread epidemics are unlikely. An individual's specific experiences will determine his or her exposure risk. Practicing the protective measures discussed in the deployment briefings will help limit your exposure.

Vector-Borne Diseases

After a natural disaster--especially one involving flooding-- mosquitoes, flies and other insects may be more abundant than usual, posing potential health problems. Filth and debris left by the flood waters create excellent breeding conditions for house flies, mosquitoes and other insects that may be capable of spreading typhoid, dysentery and encephalitis.

Respiratory Diseases

Person-to-Person Infections – Evacuees living in close quarters with poor sanitation and personal hygiene are at risk for person-to-person spread of respiratory germs. There are many diseases spread by the respiratory route, including influenza, common colds, "strep" infections, and various kinds of pneumonia. If an outbreak occurs, relief personnel will be at an increased level of exposure to these common respiratory infections.

- You should continue to cover your mouth and nose when sneezing or coughing, avoid rubbing your eyes or touching your nose with your fingers, and wash your hands frequently—even while you are traveling home, and especially in crowded places like inside an aircraft.

Water-Contact Diseases

Surface waters may have been contaminated with industrial chemicals and human and animal waste. Exposure to these contaminated waters may lead to skin conditions such as bacterial, fungal and contact dermatitis.

Environmental Exposures

You may experience adverse health effects from intense or prolonged exposure to certain environmental conditions. Preventive medicine teams have sampled and analyzed soil, water, and air throughout the area of operations to determine if any environmental hazards are present. If any sampling results indicate a potential for any type of environmental exposure risk, a team of experts will be sent to assess the situation, and all service members who may have been exposed will be contacted and evaluated.

REUNION WITH YOUR LOVED ONES

Returning home can be every bit as stressful and confusing as leaving. It is essential that you arrange to spend time with your family and loved ones soon after you return from deployment. You will find it helpful to resume family routines and personal spiritual routines that are effective, but proceed slowly in reestablishing your place in the family. Be prepared to make some adjustments.

Dealing With the Stress of Recovering Human Dead Bodies

One consequence of humanitarian and recovery operations is coming in contact with bodies of people that have died under tragic or horrible circumstances. You may have been assigned the mission of recovering, processing and perhaps burying human remains. The victims may include women, elderly people, or small children and infants for whom we feel an innate empathy. Being exposed to children who have died can be especially distressing, particularly for individuals who have children of their own.

After you have completed your mission and are no longer working around the bodies, you may experience a variety of feelings. These may include feeling bad about not treating each body as an individual, and needing to express the emotions that were pent up while you were doing the work of body recovery. **DO NOT KEEP THESE EMOTIONS INSIDE.** They are normal, and are best worked through by talking with your fellow unit members.

- Take part in end-of-operation debriefings and pre-homecoming briefings.
- If you are in a leadership role, ensure that the team and its members are appropriately recognized and honored for their efforts. Be sure to include the families, and recognize their prayers, patience, and fortitude during the operation.
- Don't be surprised if being at home brings back upsetting memories from the operation. You may find it hard to talk about the memories with family or friends who weren't there. This is very common. Try to talk about them anyway. Also stay in touch with your teammates from the operation.

- Don't hesitate to talk with a chaplain or with a mental health provider in your area. This is just wise preventive maintenance.

Resources

- Military deployment health information: <http://www.pdhealth.mil>
- Deployment Health and Family Readiness Library: <http://deploymenthealthlibrary.fhp.osd.mil/home.jsp>
- Centers for Disease Control and Prevention: <http://www.cdc.gov>
- Tricare national and regional toll-free contact numbers: <http://www.tricare.osd.mil>
- U.S. Army Center for Health Promotion and Preventive Medicine: <http://chppm-www.apgea.army.mil>
- Hooah 4 Health: <http://Hooah4Health.com>

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Prepared by:



[U.S. Army Center for Health Promotion & Preventive Medicine](http://chppm-www.apgea.army.mil)

<http://chppm-www.apgea.army.mil>
SIPRNet: <http://usachppm1.army.smil.mil>
(800) 222-9698/ DSN 584-4375/ (410) 436-4375

Redeployment Medical Guide: Hurricanes

For additional information, contact your health care provider or contact the DOD Deployment Health Clinical Center listed in this brochure.

